"The Truth About Ice Cream is Good Enough"



THERE IS NOT A PARTICLE OF WASTE

For every bit of Coon's Ice Cream is concentrated nourishment and is so easily digested that it is an ideal, wellbalanced food for invalid or athletic,

A quart of ice cream has the body building properties of fourteen eggs. Let Coon's Ice Cream form a part of your diet every day in the year.

Your Dealer Has Coon's Ice Cream in Convenient Cartons to Take Home.

COON ICE CREAM CO.

Burlington, Vt.

White River Jct., Vt. Lewiston, Me.

Manchester, N. H. Portsmouth, N. H.

ACADEMY NOTES Awake Ye Seniors! ! !

At 5.30 Friday, if the Weather be With joy they hear the call of the The Hare Brained Juniors Race

Take up the trail and prove you're To the challenge of '22 ! ! The above verse was the challenge

that the Juniors hurled at the Seniors Thursday morning. Friday morning Alton Spencer, have as H. S. students are supposed

president of the senior class responded with the following: The Reverend Class of '21,

never tried

aroused in you.

Hark Ye Seniors to the call of the Since it is Friday and the weather is

To the challenge of hair-brained '22! This year deportment marks are to were in St. Johnsbury Sunday, appear on the report cards. All students failing in this, will be asked to leave school and to learn how to be-

Mr. and Mrs. Wilson are in New York until Wednesday.

Habit is a Great Thing

and lots of folks worry along with

coffee, varying in flavor and quality

from day to day, just because they've

POSTUM CEREAL

The fact that tens of thousands

of former coffee drinkers now use

Postum in its stead is a good indica-

tion of what you'll do some day if

coffee discontent is sufficiently

perhaps today - why not order

a package of POSTUM CEREAL?

Ten days with Postum instead of

"There's a Reason for Postum

Made by Postum Cereal Co., Inc.,

Battle Creek, Mich.

coffee shows many a man

When the mood strikes you-

CONCORD

Ciayton E. Lewis and nephew, Garland Lewis, from Lewiston, Me. were here from Friday till Sunday. Lewis of Littleton were Sunday guests of their mother.

Mr. and Mrs. K. F. Richards went Wednesday to be present at the mariage Saturday evening of Mrs. Richord's brother, Harry L. Bennett and Miss Grace Hutchins of Lynn,

Mr. and Mrs. Alec Kerr have mov- days al to St. Johnsbury.

Johnsbury, Saturday. Mr. and Mrs. George Brown, ley Walter. at W. D. Blodgett's, Sunday.

Mr. and Mrs. Fred Hoffman, Mr. and Mrs. Roy Powers and daughter, has been visiting her parents and Agnes, Mr. and Mrs. Holton and other relatives in town. Mary Wright, Kirby were guests of East Concord to teach school. Mrs. Jennie Barnett, Sunday.

ers in Kirby to do carpenter work. of Lyndonville were guests of R. Mrs. Fred Woods.

guests at Dr. R. T. Johnson's, her visit to Manchester, N. H., Fri- the Johnson-Burt home the pas

Boys playing near the river Sun- home with them for a visit in Manday found a raspherry bush with sev- chester and Boston. eral ripe raspherries which was pre- Mr. and Mrs. K. F. Richards were

finished work at Franconia, N. H., in St. Johnsbury. and are at their home here. They Mr. and Mrs. George Chase of East go this week to Manchester, N. H., to St. Johnsbury and Mr. and Mrs. Elvisit their daughter, Mrs. Eugene El- more Chase of St. Johnsbury were in

tute, and Clayton Powers. St. Johns- Johnsbury Saturday

the last of the week.

an oyster supper and dance at the guest of Mrs. George Whipple has Town Hall, Tuesday evening, Oct. 19. returned to Berlin, N. H. Mr. and Mrs. Fred Hallett and son of St. Johnsbury Center were Sunday guests of Mr. and Mrs. W. R. RemSpaulding

Dr. G. B. French and C. A. Lam-pher were in Waterville and Belvi- Mass. dere the last of the week

Highgate Saturday and Sunday.

Miss Evelyn Streeter was
Mr. and Mrs. R. N. Southworth Johnsbury one day last week. and son, Francis, went Saturday to Wilder, Vt., to visit Mr. and Mrs. Thadeus Wheaton has been appointed substitute postmistress to

with Miss Lillian Baker, St. Johns- Mr. and Mrs, George Hathway and

Mr. and Mrs. George Philbro, of Mr. and Mrs. F. M. Richardson of Colebrook, N. H., have been guests at Littleton N. H. were in town Sun lay

Casting care to the winds is looking for fun,
Since it is Friday and the weather is mild
With joy they hear the call of the wild
With joy they hear the call of the wild

The stream of the winds is looking for fun,
Since it is Friday and the weather is mild
With joy they hear the call of the wild

The stream of the winds is looking of Rumney, N. H., are visiting her parents, Mr. and Mrs. Elden Jewell.
Guests at the Gleason home the past week are Mrs. Earl Buckminster and little son of St. Johnsbury, Miss Belle Burbank of Lyndon, Miss Henry Lee vice president, Mrs. T. Miss Belle Burbank of Lyndon, Miss H., Osgood: secretary, Mrs. J. R. Coots and Miss Marion Burbank of Rulston: treasurer, Mrs. E. A. Gray. Barre and Lewis Woods, Wilmington.

Mr. and Mrs. Alfred Goodreault

Rev. N. S. Hill has taken rooms in The data of the the home of Mrs. Luette Lewis.

Oct. 14. D. D. G. Mrs. Minnie J. Ruggles, West Burke and D. D. G. P. Bloomfield A. Palmer will make their

official visit at this time. Mr. and Mrs. W. D. Blodgett and guests of Mr. Lewis' mother, Mrs. William Virtue were in North Strat Luette Lewis, Mr. and Mrs. W. C. ford, N. H., Thursday and Friday, Rev. George S. Smith was in Montpelier Saturday.

Raymond Douglas, St. John bury was in town Saturday. Mrs. Harriette Douglas who has spent the summer in Whitefield, N H., is at her home here for a few

Mrs Charles Parker of Whitefield. Miss Genevieve Sargeant was in St. N. H., came Thursday to spend the obnobury, Saturday.

George Brown, Jr., and Miss Ruth | Mr. and Mrs. Washburne of St Barnett, of North Stratford, were Johnsbury Center spent Sunday at Shadow Lake. Mrs. Wallace Houghton of Lyndon

Mr. and Mrs. H. B. Johnson of Is-C. C. White has gone to Rov Pow- land Pond, and Mrs. Harry Johnson Mrs. Ellen C. Hutchinson is spend- Johnson the past week. E. F. John ing some time with her daughter, son, who has been a guest at the Johnson home returning home with Mr. and Mrs. Edward Garfield and them. Mrs. Smythe, wife of Ex-Gov sons of West Burke were recent Smythe of New Hampshire and M and Mrs. Eugene Ellingwood Mrs. Nelson Burt returned from Manchester, N. H., were guests

nted to Dr. Johnson.

Mr. and Mrs. Allen Hodgdon have in St. Johnsbury Friday.

Miss Edith Hutchinson is visiting

week, Mrs. Nelson Burt returned

Reginald Hodgdon, Lyndon Insti- Miss Genevieve Sargent was in St.

bury spent the week end at the Hodg- Mr. and Mrs. Claude Miltimore of St. Johnsbury ment Sunday at Green Miss Rose Rook was home from Mountain hall. George F. Miltimore her school work at Lyndon Institute was home from his work in St

Johnsbury, Sunday. Concord Grange No. 408 will give Mrs. Julia Morse who has been a

Mr. and Mrs. C. A. Crowell left

Guy Powers was at his home in to Mrs. W. D. Chaplin's house, Miss Evelyn Streeter was in St.

Harry Hutchinson for a few days.

Miss Edith Hutchinson returned nation of Postmaster F. W. Chapman Thursday from spending several days until his successor can be appointed.

Mrs. A. B. Chenev and daughter. Miss Lillian Baker was home from Mary, of Springfield, Mass., have her work in St. Johnsbury over Sun- been one to of Mr. and Mrs. R. J.

Mrs. Elden Jewell and son, Mansel, isited in oClebrook, N. H., last week. East Burke were at O. B. Cutting's

irbank of Ralston; treasurer, Mrs. E. A. Gray Miss Alma Reed of St. Johnsburg

spent the week end at Pioneer Cottage with Mrs. G. B. French.

The date of the annual sale of the L. B. Society of the Methodist church Regular meeting of Adah Chapter, No. 39, O. E. S., Thursday evening, Nov. 17.

Mrs. Jennie Barnett has purchased of John Riple" of Windsor his cottage at the west end of the vil-

Mr. and Mrs. Sam Moore and Mrs James Kinney of St. Johnsbury were guests of Mrs. Emma West and F. R.

Joslin, Sunday Service Sunday afternoon at three o'clock at St. James' Episcopal Chapel with sermon by Rev. Dr. Grint.

EAST BURKE

The fair held by Burke Mountain Grange in Algonouin hall, Sept. 25 was a great success with a large dis play of vegetables, fancy work, canned goods and similar products. West Burke Grange had a fine display i all lines of agriculture, adding a greadeal to the success of the fair. The local grange served baked beans brown bread, hash, rolls, pie, doughnuts, coffee and pickles. After dinner there was a parade of floats and cattle, W. F. and R. W. Burrington took first prize with a float trimmed with evergreen trees nd containing a registered Ayrshire bull, Baron Derry three grade Ayrshire heifers, bearing the words "Ayrshires from Vervisiting her parents for a few days." mont Hills and Breezy Hill Farm."

Ira Hunter took second prize with a float trimmed with flags, sunflowers, etc., containing a score of young giels and a tiny voke of Holstein

Then followed the sports, Rev. S. G. Suitor in charge. The weather was perfect, 200 people being in attend-

Ouite a number from here attended the state fair at White River Junetion the past week Mrs. Emma Hudson has been quite sick with stomach trouble the past

Mrs. Bovee of Danville spent several days last week with her sister,

Mrs. John Drown. Wesley Dee returned Sunday night off ast week from Boston, where he went for an operation for cataract on his eye. Doctors there decided wouldn't be ready to operate on for several months.

May C. Gilfillan, Home Demonstration agent will be at the Congregational vestry on Thursday, Oct. 14. nered cupboard, extra large coul-Topic, Winter Millinery.

The Dorens S. S. class will have a Hallowe'en social at the vestry, Oct. 29. Games and refreshments armopriate for the season.

Several from here were in St.

Roofing Tips

They tell us that slate costs \$20.00 per square laid, and first grade shingles \$10.00 or \$10.50 plus \$2.50 for the laying. Steel, when it's to be had, is selling around \$12.00 or \$13.00, so we're told.

Is it, then, any wonder that

"Good Old Paroid"

sells and keeps selling—when the heavy may be had at \$5.00 the square and the regular at \$4.25.



Here's the Manuel barn on North avenue, Burlington, upon which Paroid was laid 19 years ago. A few weeks ago it was covered again-with Paroid, of course-not that the roofing was gone but the owner was replacing old shingles on the other barns and wished to make a clean sweep and have all new. Had the Paroid been painted occasionally it would have been good yet.

Along with Paroid goes American Smooth and Slate Surface, Granitized and Universal-all made by Bird & Son, whom we have represented for nearly 20 years. These Roofings are sold in Vermont by:

At a second seco		
Alburg	A. G. Blair	Ludlow
		Margale Gall
Barnet	_noy blothers	McIndoes Fall
Barnet	J. R. Goodrich	
Barre	R. L Clark	Middlebury
Barton	E. R. Cook	Milton
Barton	A. N. Washburn	Milton
Bethel	F S Blossom	Monkton
Brandon	Ginson Bros	Montgomant C
Brandon	C. J. Rowe & Son	Moretown
Brandon Bridport	J. N. Spaulding	Morristown
Bridgewater Cors Bristol Brownsville	A A Vancho	Mourisville
Bristol	R. C. Martin	Namhana
Brownsville	C. E. Herrick	Newbury No. Benningto
Cambridge	H. N. Gray	No. Danville
Charlotte	Stanton Williams	North Hero
Colchester	F. S. Marcia	No. Troy
Craftsbury	Union Store	North Troy
Greensboro	Gen. Porter	North Willisto
Danby	E. C. Crosby	No. Wolcott.
Concord	R. J. Renneft	Orleans
Dechy	-R. J. Benneft -W. M. Taylor & Co.	Plainfield
Derby	A St. Frances	Plymouth Uni
East Berkshire	Coombs & Ransom	Randolph
East Burke	Webster & Kelley	Richford
East Registron	Common & Patchellor	Richmond
East Corinth	Worthley Bros.	Rochester
East Fairfield	W. S. Soule & Son	Rochester St. Johnsbury
East Georgia.	-T. C. Leach	Shelburne
East Hardwich	-Worthley BrosW. S. Soule & Son -T. C. Leach -C. S. Montgomery -W. E. Lantman & Son -P. N. Campbell	Sheldon
East Highgate	-W. E. Lantman & Son	Sheldon
East Middlebury_	P. N. Campbell	Sheldon Spring
E. Shoreham	-E. H. Lyman	Shoreham
Eden	-Eden Store Corp.	So. Barre
Enosburg Falls	-W. B. Ladd	South Hero
Enoshurg Falls	M. P. Perley & Co.	South Royalto
Essex Center	-Dodette Bros.	So. Ryegate
Essex Jet	P. J. Parker & Co.	St. Albans
Essex Junction	R. O. Mudgett & Co.	Starksboro
Fairfield	-F. I. Blaisdell	Stowe
Fairfield	-G F. Rhoddy	Swanton
Fairles	R. N. Donahue	Townshend
Fletcher Georgia	A. N. Hooper	Tunbridge
Georgia	L. R. Perry	Trov
Grand Isle	- R. E. Minckler & Co.	Underhill
Caratage	P A Dissudent	Underhill Ctr
Hanksvile	B. C. Shattuck	Vergennes
Hardwick	-J. W. Hersey	Waitsfield
Hanksvile	J. A. Dussault	Waterbury
Highgate Springs	J A. St. Marie	Waterville
Hinesburg	-A. I. Watson	Wells River
Huntington	-E. H. Hinds	Westford
Huntington Ctr	R. A. Norton & Son	W. Milton
Hyde Park	-Badger Bros.	West Rutland
Jameica	R. J. Daggett	West Barnet
Jeffersonvile	J. E. Hunt	Williston
Jerieho	-R. C. Stygles	Windsor
Johnson	Parker & Stearns	Winooski
Jonesville	-W. A. Church	Wolcott
Lowell	-C. N. Potter	Woodstock

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Hagar Hardware & Paint Co.

Vermont Distributors.

Burlington, Vt.

Lad Mischief, 11 months old and a 52nd annual convention of the Verregistered Aryshire heifer, Lady Ro-setta Wetherall, four months old, and the Methodist Episcopal church.



will stop that cough, Ball. M. mother gives it to me when I re a cough and you don't hear a

coughing all the time."

Travers Express Sleigh, three corstove for hall or grocery.

HEATERS

Every day now seems to bring a little more frost, and a fresh reminder that we must hustle around and do something for our immediate com-

High Cost of Fuel

does not enter into our proposition to YOU ... YOU furnish the OIL, WE furnish the STOVES.

Perhaps no more need be said except that we have both the "PERFECTION" and "FLORENCE" Heaters and shall be pleased to show you the goods.

Look for our second announcement.

Sale of Aluminum goods, "WEAREVER."

THE PECK CO.